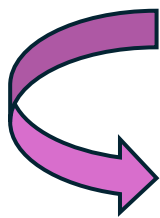
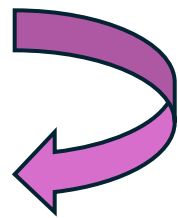
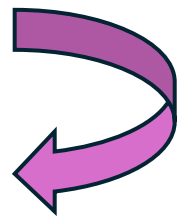


Some people's brains and bodies work in a way that is not considered typical. We call this **neurodivergence**. Two common types of neurodivergence are **ADHD** and **Autism**. Scientists have recently decided you can have both, which can be called **AuDHD**.



Some people have difficult and distressing experiences in their lives. We call this **trauma**. Trauma can lead to post-traumatic stress disorder (**PTSD**). When the trauma is repeated or over a long period of time, particularly when you are young and unable to escape, it can **cause complex-PTSD**, which has its own unique symptoms.

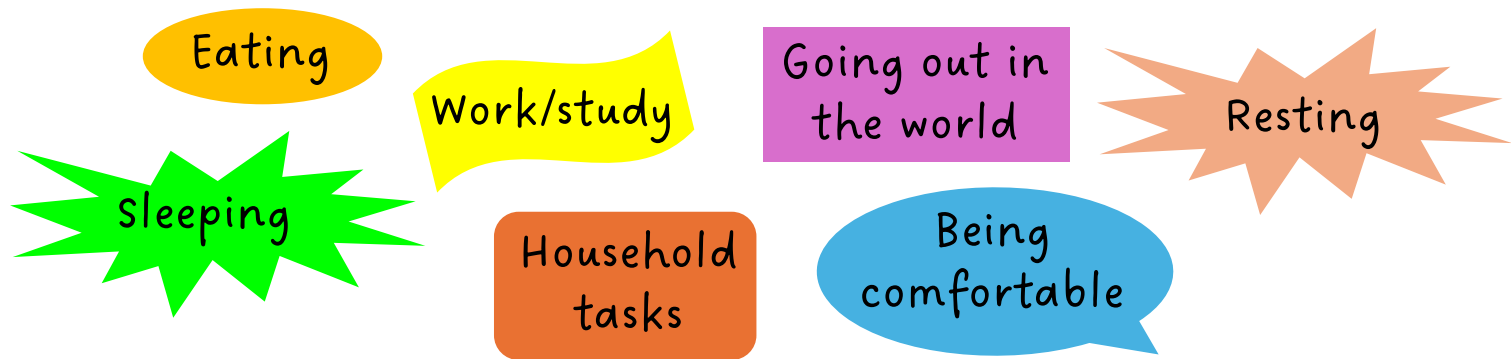
Science in this area is still in its infancy, but people who are neurodivergent and/or who experience trauma seem to have a higher rate of other, less well-known conditions. You may want to look up some of the following terms:



Systemic issues	<u>Irritable bowel syndrome (IBS)</u>	<u>Autoimmune conditions</u>	<u>Fibromyalgia</u>	<u>Thyroid conditions</u>
	<u>Ehlers-Danlos syndrome (EDS)</u>	<u>Sleep apnea</u>	<u>Mast cell activation syndrome (MCAS)</u>	<u>Postural tachycardia syndrome (POTS)</u>
		<u>Restless legs syndrome</u>		
Menstrual matters	<u>Premenstrual dysphoric disorder (PMDD)</u>	<u>Endometriosis</u>	<u>Polycystic ovary syndrome (PCOS)</u>	<u>Challenges navigating the menopause</u>
Mental health	<u>Eating disorders</u>	<b>BINGO!</b>	<u>Substance misuse</u>	<u>Addiction</u>
Other neurodiversities	<u>Bipolar</u>	<u>Obsessive-compulsive disorder (OCD)</u>	<u>Tourette's</u>	<u>Personality disorders</u>

The combination of any of the above can have an impact on your ability to do day-to-day tasks. This might include:

- Some helpful words:
- Chronic illness
  - Disability
  - Dynamic disability



...Now what can I do about it?

**Knowledge is power** !  
- educate yourself & share with others

**Seek specialist medical support**



**Process trauma** - therapy, journalling, somatic meditation, whatever works for you



**Look after your physical health** - the basics eg gentle exercise, adequate rest, healthy diet, medicines, vitamins/supplements



Vagal tone exercises



**Make accommodations to meet your needs!**